

Some Warning Signs and Risk Factors of Suicide and Domestic Violence.

Warning Signs of Suicide:

- ◆ signs of depression
- ◆ noticeable change in behavior
- ◆ alcohol or drug abuse
- ◆ reckless behavior
- ◆ withdrawal from friends or family

Warning Signs of Domestic Violence:

- ◆ injuries and excuses
- ◆ absences from work or school
- ◆ personality changes
- ◆ self-blame

Risk Factors of Suicide:

- ◆ previous suicide attempts
- ◆ broken relationship
- ◆ loss of job, home, money
- ◆ depression

Risk Factors of Domestic Violence:

- ◆ women between the ages of 19 and 29
- ◆ annual family income below \$10,000
- ◆ a partner who abuses alcohol or drugs
- ◆ a history of family violence

Special thank you to our platinum corporate sponsor:
Educators Mutual

For more information,
Please feel free to contact us!
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Community Partners Include The Following Organizations:

Artist/Logo Design

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Brown and Zvonek

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YWCA

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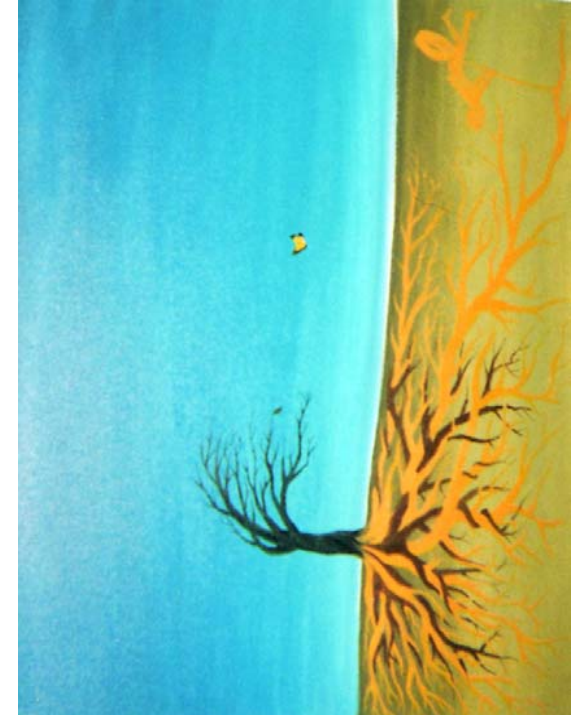
Heather Masturson

Aimee Frost

Michelle Call

Michele Cuburu

**6th Annual Walk for
Suicide and Violence
Prevention**
**Sponsored by The Mental
Health Association in Utah**



The Mental Health Association in Utah along with several community partners will host the 6th Annual Walk for Suicide and Violence Prevention. Our hope is that this event will help raise awareness of these issues in the Utah community, help reduce the stigmas associated with them, and offer support to those affected by suicide and violence.

Registration

Opening Ceremony

5K Walk

Brunch and Closing Ceremony

- *All proceeds from the walk will be used by The Mental Health Association in Utah to create and implement suicide and violence prevention and intervention programs.
- *The walk will comply with appropriate provisions of the ADA. Translation services for the hearing impaired will be provided upon request.

- ◆ An average of one person will commit suicide every 17 minutes in the United States alone.
- ◆ Over 321 people commit suicide in Utah each year and the numbers are increasing.
- ◆ Utah ranks 6th in the nation in suicide rates.
- ◆ Suicide rates have increased 256% in Utah since 1956.
- ◆ There is a causal linkage between untreated clinical depression and suicide.
- ◆ In 2007, there were 18 domestic violence related deaths in Utah (many of them involving murder/suicide.)
- ◆ Every year, more than 1.5 million women and 834,700 men are physically assaulted and/or raped by their intimate partner in the United States.
- ◆ From 1994-1999, one-half of all women murdered in Utah were killed by a current or former intimate partner.
- ◆ On average, 11 Utah women die each year from intimate partner violence.
- ◆ In 2007, 502 individual women and children escaping family violence found refuge and support at the YWCA shelters. 1,870 women and children could not be served because of space limitations

Names/Ages of Participants/ Address and Phone Number

[illegible]

The Mental Health Association in Utah / 1800 South West Temple, Suite 501 / Salt Lake City, UT 84115

(Note: Registration includes (1) t-shirt per person and all beverages.) (Note: T-shirts are not guaranteed if your registration is received after 4/18/08.)